Initial Mild Depressive Symptoms

Questioning (to oneself) Whether other “really care

Seek Reassurance form Others that they do care

Other respond that they Do, in fact care

Depressive questions the Sincerity of the response

Depressive engages in even more reassurance -seeking

After repeated requests for reassurance others become frustrated and hostile

Downward spiral where others become increasing hostile and rejecting

Downward spiral into more severe depressive symptoms